

## Treat the Whole not the Hole

There are over 500 species of bacteria, as well as parasites, viruses, and yeasts that live in your mouth. They are opportunists, so if they find a place to hide, such as in an old root canal tooth, underneath a bad fitting crown, or even inside a space where the tooth was removed, it can make you sick. Dental infections such as gum disease have been linked to diabetes, heart attacks, strokes, cancers, pneumonia, and Alzheimer's. Why? Because bacteria do not stay in the mouth—they travel. Bacteria can travel to the lungs, heart, and joints, until they find a place to call home.

*Your mouth is the gateway to your health*, and is connected to the rest of your body and organs. If you are suffering from any medical condition, including diabetes, chronic fatigue, autoimmune problems, or digestive issues—it is imperative that you have your oral condition checked by a *biological dentist*. With the advancements in digital technology, we can now do 3-D imaging of your jaw and see any underlying infections that can cause disease. Salivary diagnostics allows us to detect the "bad" bacteria living in your mouth with a simple swish.

I have been working closely with several integrative physicians so we can treat the whole body. What we have found is when the mouth is ignored—patients do not get better, and the other way around.

Chewing is an important part of our health. If you are missing teeth or wearing a denture, you're not breaking down food properly, and nutrients cannot be absorbed. Deficiencies can lead to fatigue, constipation, skin problems, and poor healing. With advancements in dental implants, we now offer both titanium and ceramic options, which can restore your smile in one day. Nutritional support is a must during your recovery time, and is something that we take very seriously in our office. **Many of our patients are back to work the next day smiling with confidence.**

Dr. Sanda Moldovan

Sanda Moldovan, MS, DDS, CNS  
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of Periodontology

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Sanda Moldovan, MS, DDS, CNS is an internationally recognized speaker, award-winning periodontist, author, and television personality. She is a **double board certified periodontist and nutritionist**, and a consultant on oral health, periodontics, nutrition, and anti-aging.

Dr. Sanda's office is mercury free (silver amalgam filling free) and mercury-safe. She is committed to practicing safe and healthy dentistry, and using her public visibility to educate and create greater awareness of the importance of how a **healthy mouth translates into a healthy body.**

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